

# Early Childhood Mental Health-A Collaborative Multidisciplinary Multicultural Wellness Approach-9.24.09



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# Dyadic Warm Up Exercise




1. If the way you feel was reflected by the weather how would it be?
2. One thing you let go of to be here
3. One thing you would like to get out of being here today with this theme and focus.

# Why is Early Mental Health Important?

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# Promotion of Wellness- Prevention of Suffering



- z Children can and do suffer if their needs are not met
- z Intervening early with many different kinds of services informed by infant mental health principles can reduce this suffering and promote growth and possibility for children and families.

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- z Unmet needs of families and children lead to larger costs for special services, and more human suffering later on
  - z Studies show that for every \$1 invested for services for young children, up to \$17.80 can be saved later on



# Babies and Young Children whose needs are well-met



- z Are happier and more successful
- z Do better in school
- z Are less likely to drop out or get in trouble
- z Are more likely to contribute to their families and community later on

# Well Met Needs Means

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- z Positive connections with parents, family and community
- z Safe and secure environment-
- z Adequate resources



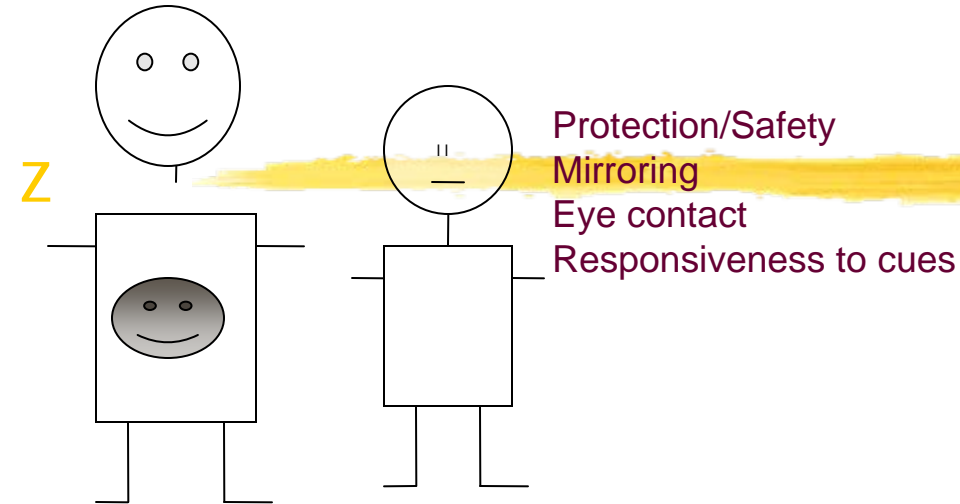
Who we are develops in  
interaction with our loved  
ones during infancy and  
early childhood



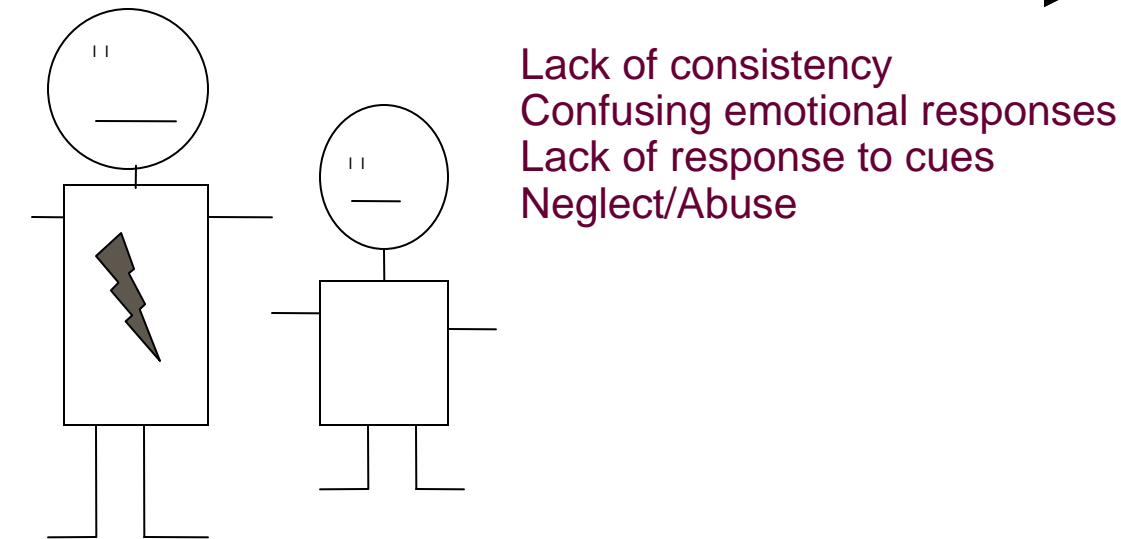


# Parent Provides

# Child Outcome



"Well-met developmental needs" 3-4 year olds  
Empathy  
Regulate themselves  
Positive expectations of others



"Unmet developmental needs" difficulty with:

- Self-soothing
- Empathizing
- Controlling impulses
- Negative expectations of others

# What We Mean By a Relationship-Based Approach?

- ❖ Supporting positive relationships between parents and children to promote wellness and success
- ❖ Relationship as a necessary vehicle and VALUE ADDED for many kinds of service delivery
- ❖ The belief that relationships with families can have a corrective emotional healing experience
- ❖ Relationships among us as a community supporting families that allow for better coordination and support

# Relationships Among Agencies & Helpers Matter Beyond Silos to Circles of Caring



# HOW IS EFFECTIVE COLLABORATIVE MULTICULTURAL COMMUNICATION LIKE A BRIDGE?



# Listening

## z Competitive

z Judgement

z Lack of attention

z Waiting to pounce

z

z Filters on

z

## Collaborative

Open

Full Attention

No action

without


reflection

z Adapted from VISIONS materials

# Activity



- ❖ Find a partner from another program
- ❖ Take a minute to think about a relationship you have had with another professional that has affected you or the families you work with in a positive way
- ❖ Find 3 words to describe that relationship
- ❖ Swap “relationship” profiles with your partner and compare your list of words

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- z Everyone who comes into contact with a young child and his family can influence his/her well-being
  - z Common language and understanding can guide many kinds of relationship-based work
  - z Creating communities of possibility and joy for young children and families is the overall goal

# Services that Support Mental Health and Wellness

- z It's a continuum-promotion, preventive intervention and treatment of problems
- z The work is all equally important
- z Possibilities exist in any setting
- z Creating communities of possibility and joy is the goal



# Examples of Promotion



- z Billboards, written materials, anticipatory guidance in pediatric offices or home visits
- z Placemats at fast food restaurants with resources for parents
- z Radio programs about early childhood development (e.g. Childhood Matters)

# Preventive Intervention



- z Family Support Home Visiting Programs
- z Mental Health Consultation in Child Care
- z Use of arts programs to promote parent child interaction and promote positive experience
- z Support groups for new parents
- z Enhanced parent education ( e.g. dinner parties)

# Ideas for “Value Added” Services



- z Use of public health visitors to screen for maternal depression
- z Training of first responders in sensitivity to needs of infants and young children
- z Consultation on infant mental health and development to social services

# Integrated/Braided Services



- z Mental health consultation to child care
- z Integration of early mental health services into drug treatment programs
- z Collaborations between early mental health and development programs and special CPS unit
- z Integration of infant mental health services into early intervention

# Necessary Supports

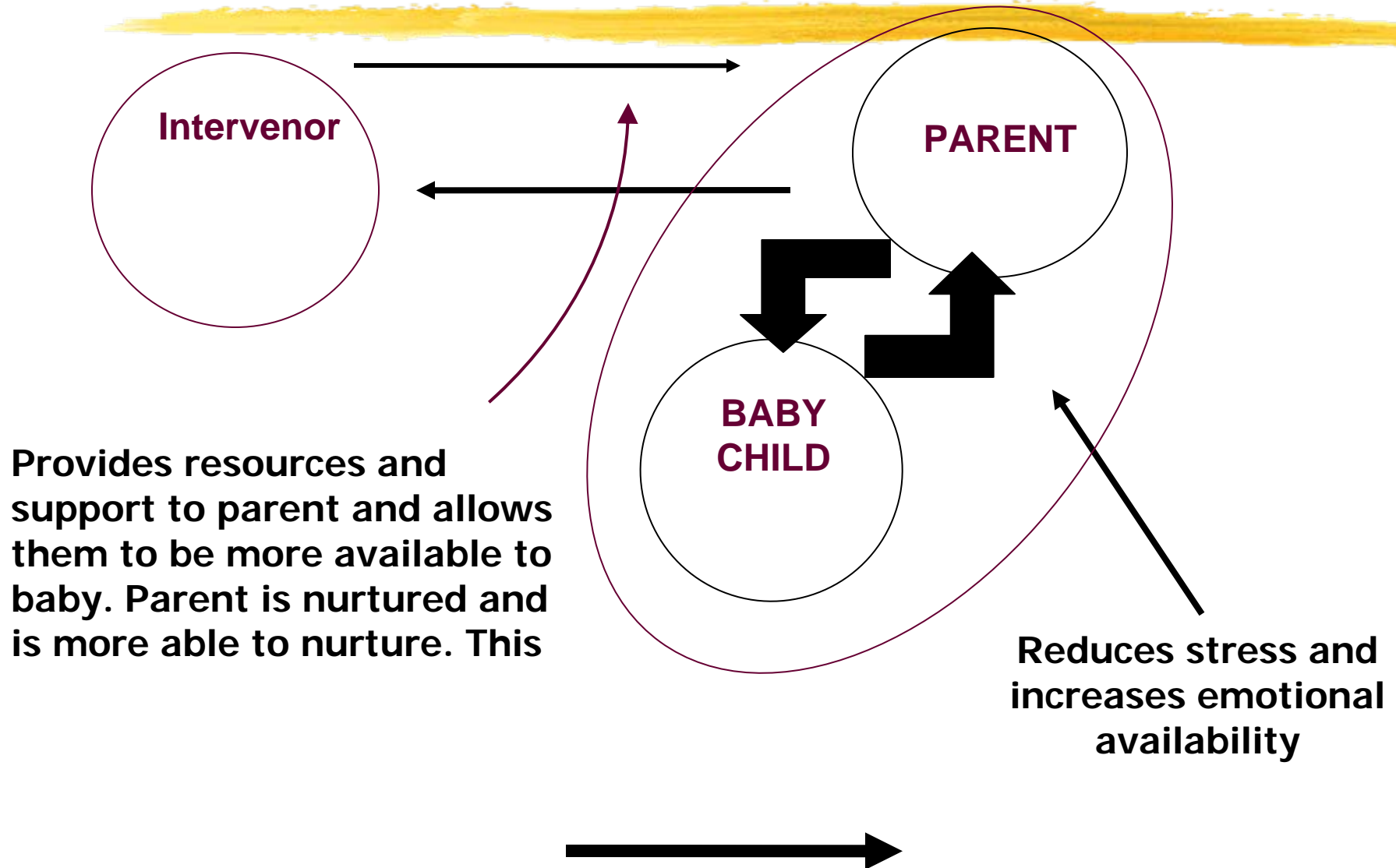


- z Supervision support groups
- z Multidisciplinary teams that consult with home visiting teams
- z On-going training and support in the community

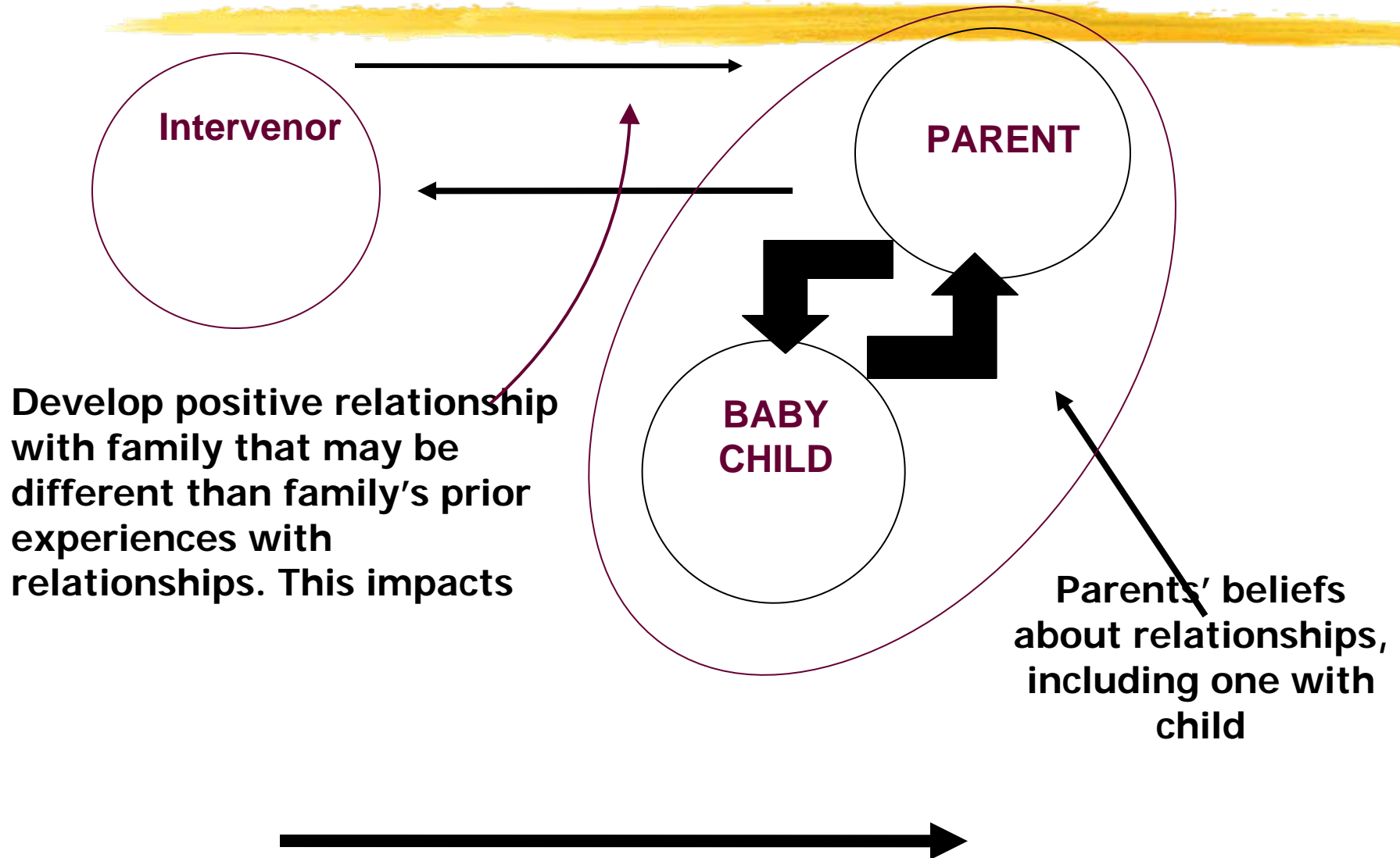
# New Allies in Early Mental Health and Wellness

- z Police and law enforcement
- z Volunteers/Churches, Tribes, Clubs
- z Teens/Schools/
- z Business/Service Clubs
- z Collaborations and Interagency partnerships
- z Health care providers

# How “Intervenor”-Family Interaction Impacts Parent-Child Relationship

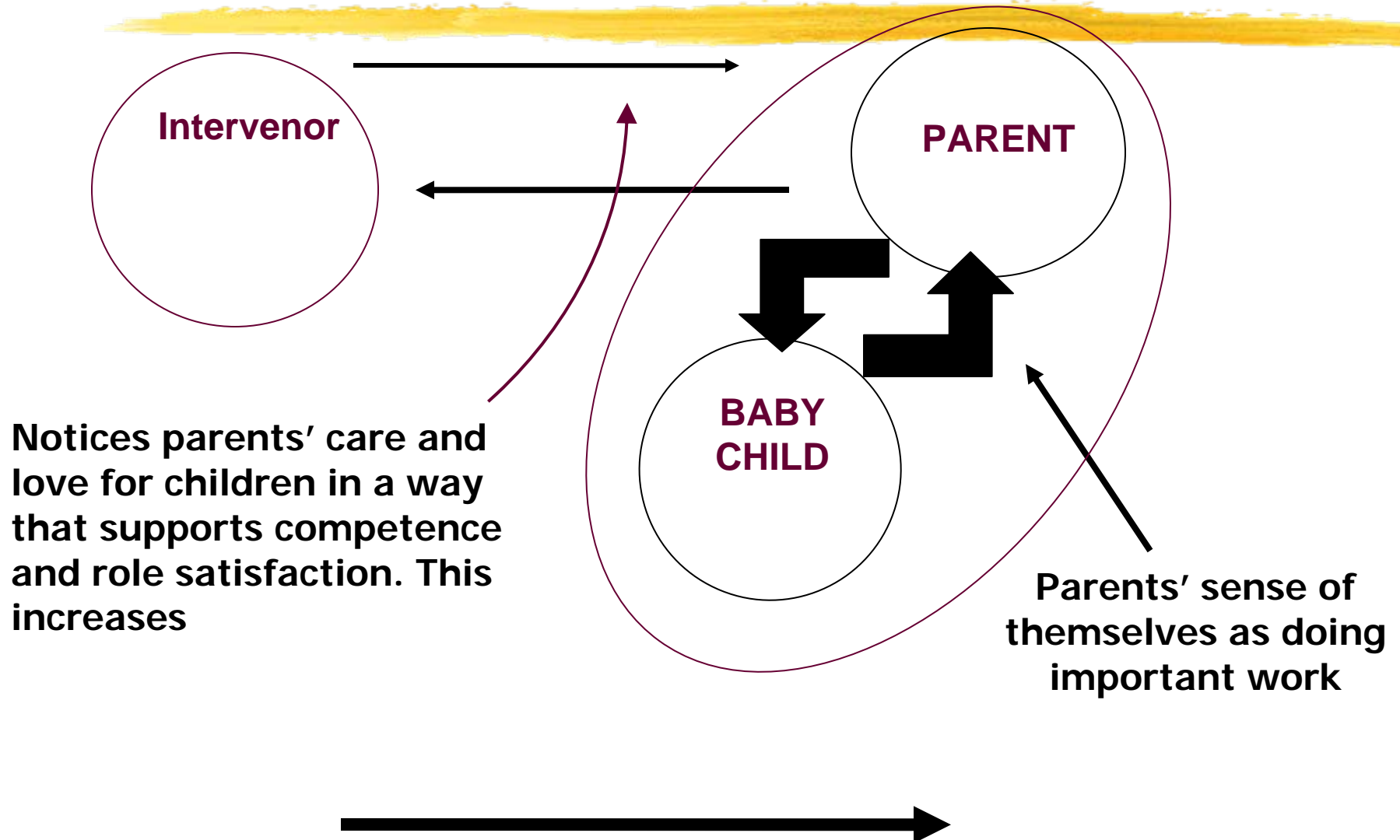


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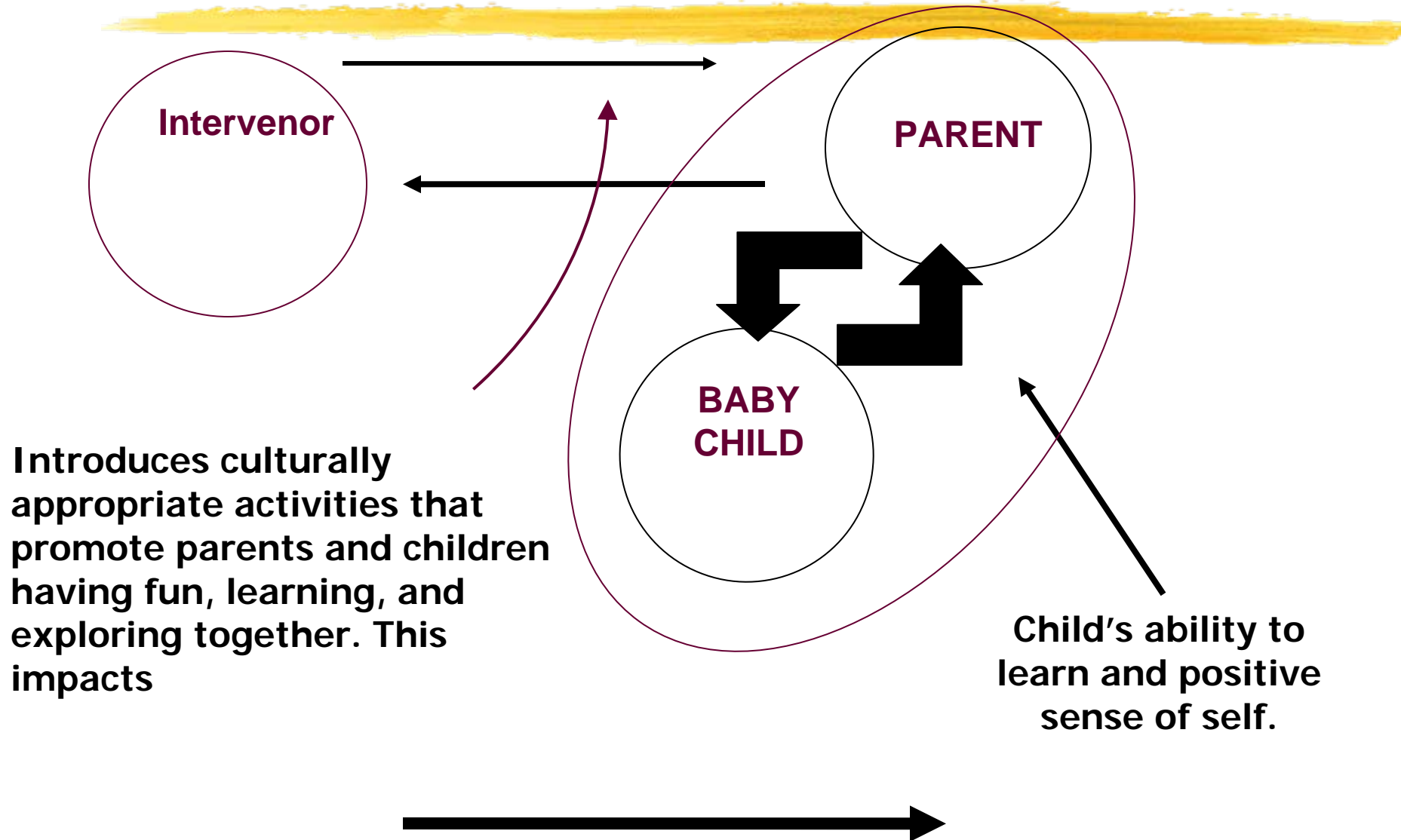




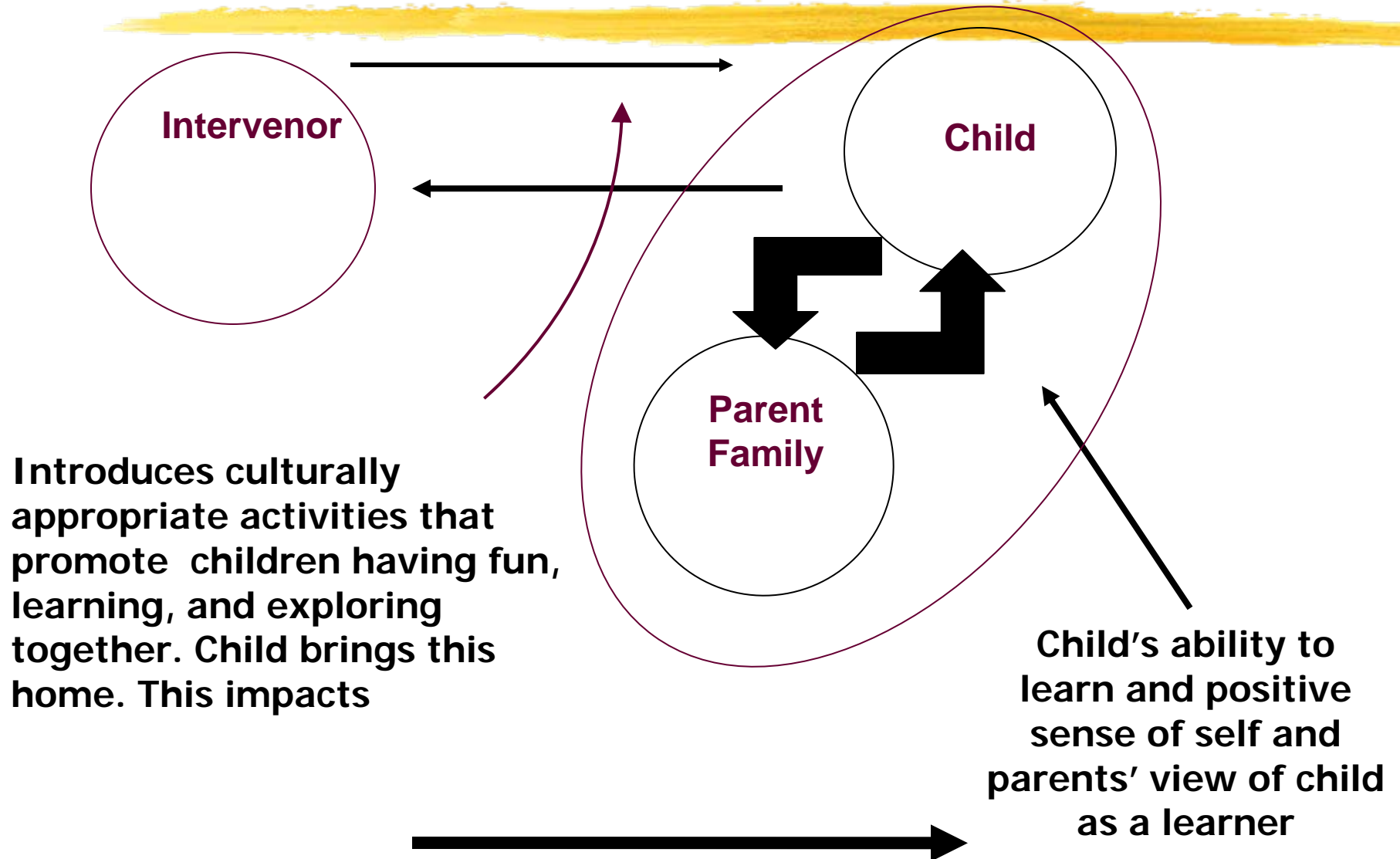
# How Intervenor-Family Interaction Impacts Parent-Child Relationship



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# How Intervenor-Family Interaction Impacts Parent-Child Relationship



- z Collaboration and Culture
- z Holding the Other in Mind
- z Awareness of our Self
- z Moving towards Collaborative Approaches
- z Starting with Hopes and Dreams.

z Natalie vignette.

# Fussy Baby Network Approach

